

Jessamina Lanzilotta

# Discover the 5 Elements of the Mama Goddess

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## Welcome Goddess!

If you are reading this Ebook, you already know that it's challenging to manage the new level of stress as a mom, or get any time for yourself at all.

Feeding, diapering, loads (and loads) of laundry, get added on to your "normal" responsibilities that existed before your latest bundle of joy graced your household. Daily hormonal rollercoaster rides paired with sleep deprivation totally complicates the simplest things. Here you'll find some simple ways to keep from feeling frumpy, frustrated, overwhelmed, and always 'second' to the baby.

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## **“The highest and noblest work in this life is that of a mother.” - R. Nelson**

Although this is totally true, the mother role is typically undervalued in our society. Women are pressured to be both a stay-at-home-mama and a working mother. Guilt and regret plague either choice. Unsolicited opinions are given more freely than real support and postpartum blues are rarely acknowledged at all.

**I've had the 'pleasure' of experiencing three postpartum periods following each of my children, and every one felt like a test to my sanity.**



First day home with baby. Breastfeeding pain. Phone wouldn't stop ringing. Guests coming over. On the verge of crying. Can you relate?

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There were many days without showers and eating meals out of a cracker box. Whole days on the couch holding and feeding the baby, nodding off only to be awakened by my own hunger and thirst...or one of my other children's 'urgent' needs. I've felt the embarrassment of receiving unexpected guests with a messed up house, yesterday's makeup, baby puke on my shoulder and a sink full of dishes. I've endured countless lectures containing conflicting parenting advice from my friends, in-laws, family, and even childless strangers.

**This made trusting my instincts harder...at first.**

But, there were stolen moments of peacefulness that carried me through the day. I finally realized what my own needs were and how to meet them more easily than ever before. Expending my energy was becoming more calculated..I couldn't afford to waste one bit of it.

**A nasty bout of painful mastitis taught me that my well-being and self-care were important. My vitality and health were assets that needed to be protected.**

I was a more healthy, vibrant, responsive mama when I wasn't run down and depleted. Every mom has a built-in hypersensitive, hair-trigger stress response to their baby's needs as a survival mechanism. This is good and well, but consistent stress is definitely not conducive to a thriving immune function for you or baby..or preventing stress-face wrinkles, or having the energy to enjoy life like a Mama Goddess.

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# A Goddess Mama utilizes all 5 elements :

Earth, Air, Fire, Water and Spirit  
to nourish herself, her baby, and her world.

Here are some super simple ways to access each of these and they only take a few minutes to implement.

## #1 Spirit

I want to start with 'Spirit' to just take it all in for a moment. You've been carrying the miracle of life inside your body! Love has infused with your biology and turned you into a Goddess. You've personally experienced the supreme creational energy and survived the trials of initiation into motherhood.

***I bow to you.***

Surely you've felt the vastness of all of creation at some point in your pregnancy and/or birth...Or maybe you saw it in your newborn's eyes.

**You knew that *you were magic.***



Dearest Goddess, this is so important as you continue to remember that you can trust your inner knowing.

Your connection to source is right in your own beating heart, and you can connect to it simply by placing your hands on your chest, and feeling into your own divine rhythm.

This benevolence extends to your little one (and your loved ones) every time you acknowledge your creational power and sovereignty for yourself.

..this is a good segway into the next element..

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## #2 Air

The “Mom-nesia” begins during pregnancy and last well into the first year of the baby’s life. Sleep deprivation contributes to the seemingly lower potency of your thinking power. Forgetting stuff is frustratingly common. But what’s happening is that you’re being *re-wired*.

Neurologically, you are gaining a more “diffuse” awareness where you can actually be aware of many things at once.



Becoming a Mama also puts you in touch with your own previous programming, your beliefs about your own parenting abilities, how ***you*** were parented as a small child and what you believe now.

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This can be overwhelming. But this is an opportunity as well. This timing shows you that **you** are the creatrix of your reality. You can choose to recreate the better parts of your childhood, shun the shitty parts, and/or come up with a completely new way of doing things.

### **Start with the breath.**

**There are two techniques below, but just connecting to a few clear deep breaths takes only a few minutes and you can set your breathing rhythm to whatever feels natural...**

***You can try this one to calm down or help go to sleep:*** Deep breathing into the belly for a count of four, then breathing out slowly for a count of four.

***Try this one for becoming alert or have more energy:*** Deep slow breath through the nose into the belly, then exhale quickly and forcefully out of the nose.

In this time you can set an intention to clear an old pattern, find clarity for the moment, or hatch a brilliant plan for your future. Conscious breathing as well as singing, humming and toning are helpful for coping with pain, fear, and stress and connects you back into the responsiveness-type of thinking and intuitive mastery...or at least help you remember your grocery list.



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## #3 Water

Ahhhh. Refreshing.

When *you* need to be refreshed, and vibrant, and clear.

When you have old stagnant emotions that feel heavy.

All the time, right???

Water. Drink some. Right now.





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Dehydration is the root cause of so many ailments. Even chronic ones.

The pregnant goddess must hydrate for the healthy baby to grow, and all of the doubling, tripling cells to function properly. The new mama must hydrate for the production of endless milk and vitality. Healing the body as it nourishes.

As a mom, it's easy to put ourselves on the bottom of the priority list. We would never deny our child nourishment, but we'll put off our own hour after hour (or day after day!) without even thinking about it.

Water is also the element that cleanses, heals, and works through the realm of feelings and emotions.

Painful experiences and trauma can be carried forward into your life and your child's too, or simply washed away through ritual bathing and the simple act of drinking clear, clean water frequently, with intent.



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## #4 Earth

Our planet is a reminder of the divine feminine and all of her principals of nourishment, life, and abundance. Earth is the realm of the body, the material plane, the senses, and sensuality.

The senses of our body are heightened at the time of conception and pregnancy. The sensitivity to certain smells and tastes help us to begin a deeper journey into nutrition and the part it will play in our own health and the health of our new family.

Your sense of touch is even more conscious now and acute as you become sensitized to what feels good, and what doesn't. New awarenesses of pleasure responses (or lack thereof) can be surprising. Our babies rely on our touch, it's one of the keys to their survival, and our own nervous systems respond as well, with neurochemicals that make us feel good when we are giving and receiving 'good touch'.

Your sense of sight and sound and what you *want to see and hear* is most likely very different than before pregnancy. I realized I had much less tolerance for complaining, negative talk..I just didn't want to hear it! I used to love to watch horror movies, and I can't get through them now without feeling nauseous.



Going outside, even for a few moments, can reset your nervous system to the joyful sights and sounds of the seasons. Appreciation for all of nature's creations helps to remind us of the part we play in the circle of life and connect us to our sensuality in a cosmic way..like an Earth Goddess.



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## #5 Fire

Fire is the element that represents our energy, life-force and creativity. Very necessary for our new role as Mama Goddess. It's also the realm of action, passion, transformation and right use of power. You know that your choices have even more impact than ever before.

As important as your role as 'mother' is, you intuit that nourishing the other aspects of your personality are significant and worthy of attention too. Many new moms are bombarded with their increasing daily responsibilities and wonder where the woman that they once were actually went. She's integrated inside you. She's dormant, but may show up (or blow up) suddenly when you've neglected your own desires for too long.



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Going for a walk with your baby and significant other is a great way to connect to warmth again. Holding hands and cuddling is another great way to get re-connected...it doesn't have to be about sex...but...One straightforward way to plug into your fire is *orgasm*. You may not have been feeling desirous of *that* type of attention..but your *partner* probably is! Gentle non-penetrating masturbation or oral sex can get you there too if you're still postpartum-sensitive or just not ready for the full-on experience yet. It's likely that you're getting all the oxytocin you need from holding, feeding and cuddling that baby, but it's not likely to kindle that inner fire.

Get moving!



Dancing is a wonderful way to connect to the fire element. Since every day is different as far as your energy level, balance, and grace goes...you'll find just the right movements that assist you in expressing the Goddess you are *that particular* day. Angry, sensual, strong, manic, frantic, slow...you decide.

Dancing like a Goddess helps move that energy through your chakras and channels and you can connect to your essential self easily and pleasurably.



By now I hope it's clear that in just a few minutes you can shift your state, and gain access to the elements of the Mama Goddess. Every one of the ways assists in reducing stress and overwhelm.

Making time to tune in and relate to what is needed in the moment is part of self care.

Following through, and gifting yourself the attention and care that you need is integral to your well-being.



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It's possible to feel great with very little time or effort. Consistent connection with the elemental forces has cumulative effects such as better sleep, more intuitive responsiveness, less reactivity in relationships, a happier baby, and a healthier body that's connected to the Mama Goddess Archetype. The more women connected to their divinity, means more children that are connected to their divinity.

## **Evolution!**

Use them everyday to slow down and miraculously gain back some time. You can get big results from seemingly small efforts.

If you have questions about any of this write me at [info@jessamina.com](mailto:info@jessamina.com)

If you are ready to learn more about your specific needs and how to get them met, or wondering what the next step is.. [lets talk on the phone!](#)

## XO Jessamina

Jessamina is a sacred movement facilitator, relationship coach and marriage educator that loves assisting women in their healing and connecting to their divine source in pleasurable ways<sup>1</sup>.

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